

# H-F Racquet & Fitness Club | Fall Fitness Classes

September 5 - December 3, 2017

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Group Fitness	Small Group Training	Group Fitness	Small Group Training	Group Fitness	Small Group Training	Group Fitness	Small Group Training	Group Fitness	Small Group Training	Group Fitness	Small Group Training
<b>NEW! PLYOGA (Rose)</b> 6 - 7 am			<b>TRX Bootcamp \$</b> 6-6:45am <small>9/12 - 10/17 &amp; 10/24- 11/28</small>	<b>SHRED (Amy)</b> 6 - 6:30 am			<b>TRX Bootcamp \$</b> 6-6:45 am <small>9/14 - 10/19 &amp; 10/26- 11/30</small>	<b>Spin/Sculpt (Amy) **</b> 6 - 7am			<b>Spin (Michelle) **</b> 7:00-8:55 am
<b>Spin (Amy)**</b> 8:30 - 9:25 am		<b>Total Body Tuesday (Tricia)</b> 9-9:45am	<b>Barre \$</b> 8-8:45am <small>9/12 - 10/17 &amp; 10/24- 11/28</small>	<b>Spin/Sculpt/Flex (Anne)**</b> 8:30 - 9:25 am		<b>Pilates (Janet)</b> 8 - 8:55 am	<b>New! All About the Core \$</b> 9:15-9:45am <small>9/14-10/19 &amp; 10/26-11/30</small>	<b>Spin (Harry)**</b> 8:30 - 9:25 am		<b>Step (Janet)</b> 8:00 - 8:55 am	
<b>Aqua Zumba (Denise)*</b> 9 - 10 am	<b>TRX \$</b> 9:30 - 10:30 am <small>9/11 - 10/16 &amp; 10/23- 11/27</small>	<b>Aqua Yoga (Marria)*</b> 9 - 10 am		<b>Aqua H.E.A.T. (Denise)</b> 9 - 10 am	<b>TRX and More \$</b> 8:30-9:15 am <small>9/13 - 10/18 &amp; 10/25- 11/29</small>	<b>TBT (Shelley)</b> 9 - 9:55 am		<b>Aqua H.E.A.T. (Denise)*</b> 9 - 10 am		<b>Muscle Pump (Tricia)</b> 9:00 - 9:55am	<b>NEW! Weekend Warrior \$</b> 9:00 AM <small>9/16 - 10/21 &amp; 10/28- 12/2</small>
<b>Pilates (Liz)</b> 9:30 - 10:25 am		<b>Zumba® (Gigi)</b> 10 - 10:55 am		<b>Vinyasa Yoga (Tricia)</b> 9:30 - 10:25am	<b>Barre \$</b> 9:30-9:15 am <small>9/13 - 10/18 &amp; 10/25- 11/29</small>	<b>POUND (Rose)</b> 10 - 10:45am	<b>Yoga Basics \$</b> 9:30 AM <small>9/14 - 10/19 &amp; 10/26- 11/30</small>	<b>Zumba® (Edy)</b> 9:30-10:25 am	<b>TRX \$</b> 9:30 - 10:30am <small>9/15 - 10/20 &amp; 10/27- 12/1</small>	<b>Vinyasa Yoga (Cherie)</b> 10:00-10:55am	
<b>PrimeTime (Maureen)</b> 10:30 - 11:25am		<b>Aquacize (Joy)*</b> 10 -11 am		<b>PrimeTime (Tammy)</b> 10:30 - 11:25am		<b>Aquacize (Joy)*</b> 10 -11 am	<b>New! Better Balance \$</b> 9:45-10:15am <small>9/14-10/19 &amp; 10/26-11/30</small>	<b>PrimeTime (Shelley)</b> 10:30 - 11:25am			
		<b>Vinyasa Yoga (Karen)</b> noon-1pm		<b>Silver Splash (Sandi D) *</b> 1 - 1:45 pm							
<b>Silver Splash (Sandi D)*</b> 1 - 1:45 pm											<b>Sunday</b>
		<b>Silver Sneakers® Classic (Joy)</b> 2 - 3 pm				<b>Silver Sneakers® Classic (Jeffrey)</b> 2 - 3 pm		<b>Vinyasa Yoga (Karen)</b> 2-3pm			<b>Spin (Staff) **</b> 8:30 - 9:25 am
<b>POUND (Rose)</b> 5:30 - 6:15 pm		<b>Zumba® Step (Lauren)</b> 5:30 - 6:25pm	<b>Tsunami \$</b> 5:30-6:30 pm <small>9/12 - 10/17</small>	<b>Muscle Pump (Shelley)</b> 5:30 - 6:25pm		<b>Spin (Amy)**</b> 5:30 - 6:25 pm					<b>Sunday Lineup (Staff)</b> 9:30-10:25 am
<b>H2O Tabata (Sandi D)*</b> 6:15 - 7:15 pm	<b>Candlelight Chill \$</b> 6 - 7:00 pm <small>9/11 - 10/16 &amp; 10/23- 11/27</small>	<b>Spin (Harry)**</b> 6:30 - 7:25 pm		<b>New! Yoga Fundamentals (Jeffrey)**</b> 5:30 - 6:30 pm (mind/body studio)		<b>H2O Tabata (Sandi D) *</b> 6:15 - 7:15 pm					<b>Pilates (Nancy)</b> 10:30 - 11:30 am
<b>Be Strong (Mary)</b> 6:30 - 7:25 pm		<b>Core and More (Barb)</b> 7:30 - 8:30pm		<b>Zumba® (Josi/Sarah)</b> 6:30 - 7:25 pm	<b>New! Fitness Fusion \$</b> 6:30 PM <small>9/13 - 10/18 &amp; 10/25- 11/29</small>	<b>Vinyasa Yoga (Cherie)</b> 6:30-7:25 pm					
						<b>Zumba® +Toning (Gigi)</b> 7:30-8:30pm					



\$ SGT classes run if minimums are met. \*Class will be held in the pool. \*\*Sign in require at front desk. All Group Fitness and Aqua Classes are FREE with your Premier Club Membership.

Group Fitness

Small Group Training (fee based)

Aqua Classes

2920 W. 183rd St., Homewood, IL | 708.799.1323 | hfracquetandfitness.com